

Weekly Newsletter— 2DEC to 9DEC

Base Alameda — Coast Guard Island — Bay Area



2016 Pearl Harbor Remembrance Ceremony

Please join us for the Pearl Harbor Remembrance Ceremony on the 75th Anniversary of the attack on Pearl Harbor. Arrive at 0830 in the Pt Welcome Room to speak with survivors and their families, view historical displays, and enjoy refreshments. The ceremony will be from 0900-1015 on 07DEC16 in the Point Welcome Room.

If you have any additional questions please contact YN3 Wiederhold (x5654)

- Pg2 3DEC—**Coast Guard Bay Area Children's Holiday Festival**
- Pg3 15DEC—Free Holiday Stocking Stuffers!
- Pg4 TGPS (TAPS) Schedule / 10 Steps to a Federal Job Notice
OMI Coaching Opportunity / Lunch Basketball League
- Pg5 **Chaplain's Corner**—Mass Offering—ASIST Class Offerings
- Pg6 **Chaplain's Corner Continued**—safeTALK Class Offerings
- Pg7 Active Duty Ski Deals 2015-2016
- Pg8 MWR Class Offerings
- Pg9 Columbia College Class Offerings
- Pg10 Coast Guard Ball - Volunteers Needed!

Please send all POW requests to YN3 Perry (jon.m.perry@uscg.mil)
All POW request must undergo legal review.

Coast Guard Bay Area Children's Holiday Festival

December 3, 2016 1200 - 1600

Coast Guard Island Gymnasium & Galley Lot

**Horse Drawn Carriage Rides &
Snow Play Area 1300-1600
BYOBoots*

**Free Christmas Trees
Active Duty Coast Guard
E5 and below, 1200-1600
first come, first served! BYOTwine*

**Professional Pictures with
Santa and a gift, Snow Play
Area, Gigantic Inflatable
Maze, Keepsake Ornament
Making, Cookie Decorating,
Hot Chocolate, Tattoo Artist,
Photo Booth, Bounce Houses,
Live DJ :)*



Hosted by Base Alameda in partnership with Bay Area Associations

Holiday Stocking Stuffers

Base Alameda Banner's Club (basement of BLDG 18)

December 15, 2016

Active Duty, Retired, Reserves, National Guard

E-1 to E-4: 0900-1000

E-5 to E-6: 1000-1100

All Military: 1100-1230

Remaining Items, If Available

1230-1500

All Civilian (DOD, DHS) Employee's, Contactors, Auxiliary

Bring your authorized user ID with you.

Your name and status will be logged into a spreadsheet along with how many children you are picking up for.

Bring your own bags for this event. We will not have any available at this event.

Toys and school supplies will be available compliments of Operation Homefront and The Dollar Tree.



**OPERATION
HOMEFRONT**



DOLLAR TREE
EVERYTHING'S \$1™

Thank you Golden Gate Chapter Chief Warrant Officer's Association, Volunteers and MWR Staff for helping make this event possible.

Please remember that items received from these events should not be resold in any type of venue.

Changes to TGPS (TAPS) Schedules (Please Read)

Due to significant changes in availability and scheduling, we have had to cancel most upcoming TGPS (TAPS) classes. The complete schedule of available classes can be found here: <https://cg.portal.uscg.mil/units/dol/dol-3/BA/H/SitePages/TAPS.aspx> (including DOD classes), with instructions on how to request enrollment - you can also find this information in the Base Alameda HSWL Portal page at . Upcoming USCG-hosted classes at Base Alameda are as follows:

06-10 March 2017 and 14-18 August 2017

If you are scheduled to attend an upcoming TGPS class, please contact me ASAP so I can track your attendance and reschedule you if necessary - my info is below. I look forward to working with you.

Very Respectfully, Jennifer Conole

Transition & Relocation Manager / Ombudsman Coordinator USCG Health, Safety, and Work-Life District 11 South
jennifer.c.conole@uscg.mil

10 Steps to a Federal Job has been
Cancelled for next week.

The next class will be 18 January 2017, 1230-1430

Hello Coast Guard Members,

The Oakland Military Institute is currently seeking a Girl's Varsity Soccer Head coach for the 2017 soccer season. The season is expected to run from Feb 2017 to May 2017. Any interested parties are highly encouraged to contact OMI Assistant Principal Sean Moler at smoler@omiacademy.org.

SEAN MOLER, CAA
Assistant Principal

Lunch Basketball League

It is that time of the year for the Base Alameda lunch time league. The league plans to start on January 10, 2017. All rosters must be available by December 10, 2016. If there are members who would like to play but do not have a team I will place them on teams. Players will have to sign a waiver and player conduct form. Teams will need to have reversible jerseys. We will get all rules and schedules once rosters have been received. For more information please contact: YN1 Syreeta Steward (510-437-3188)

Chaplain's Corner

Roman Catholic Holy Days of Obligation Services @ CGI 8 DEC

The next Holy Day of Obligation for Roman Catholics is 8 DEC (Feast of the Immaculate Conception). Bishop Barber, who is also a O-6 Navy Reserve Chaplain, will arrange to have a local Catholic priest here to offer Mass at Noon on 8 DEC. Location is the 911 Mediation Room (Bldg. 4). We plan to make these opportunities available for those non-holiday Holy Days of Obligation that fall mid-week:

Thursday, 25 May "Ascension of Jesus"

Tuesday, 15 August "Assumption of the Blessed Virgin Mary"

Wednesday, 1 November "All Saints Day"

Friday, December 8 "Feast of the Immaculate Conception"

While not a Holy Day of Obligation, Ash Wednesday will be 1 MAR 2017. We will offer Ash Wednesday services at Noon for both Catholics and Protestants that day.

Applied Suicide Intervention Skills Training (ASIST)

Next ASIST workshops on CGI are scheduled for:
1-2 FEB/29-30 MAR/21-22 JUN

Per COMDTINST 1734.1A (Suicide Prevention Program) all units are encouraged to send representatives to this training. Open to active duty, Aux, reserve, civilian employees and family members age 16 and older.

ASIST is listed as a USCG competency per COMDTINST M5300.2. It is listed in the Competency Dictionary on CGPORTAL.

ASIST is designed to make formal and informal helpers more confident, capable and willing care givers to those who have thoughts of suicide.

Workshop features:

•Presentations and guidance from two USCG LivingWorks registered trainers •A scientifically proven intervention model •Powerful audiovisual learning aids •Group discussions •Skills practice and development •A balance of challenge and safety

To Sign Up: Email Chaplain Swanson (PACAREA):
john.a.swanson@uscg.mil or call 510-437-3067



safeTALK (suicide alert) class here at CGI:

15 DEC - Bldg 21, Training Room 115 (0800-1130)

Classes are limited to 30-40 participants so pre-registration is requested. Anyone can sign up by sending me an email at john.a.swanson@uscg.mil and indicate which class they would like to attend. The VADM Harvey Johnson Classroom is located at Bldg. 4 behind Gresham Hall.

More about safeTALK:

safeTALK is a half-day alertness training that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide **-alert helper. Most people with thoughts of suicide don't truly want to** die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST.

Since its development in 2006, safeTALK has been used in over 20 countries around the world, and more than 200 selectable video vignettes have been **produced to tailor the program's audio-visual** component for diverse audiences. safeTALK-trained helpers are an important part of suicide-safer communities, working alongside intervention resources to identify and avert suicide risks.

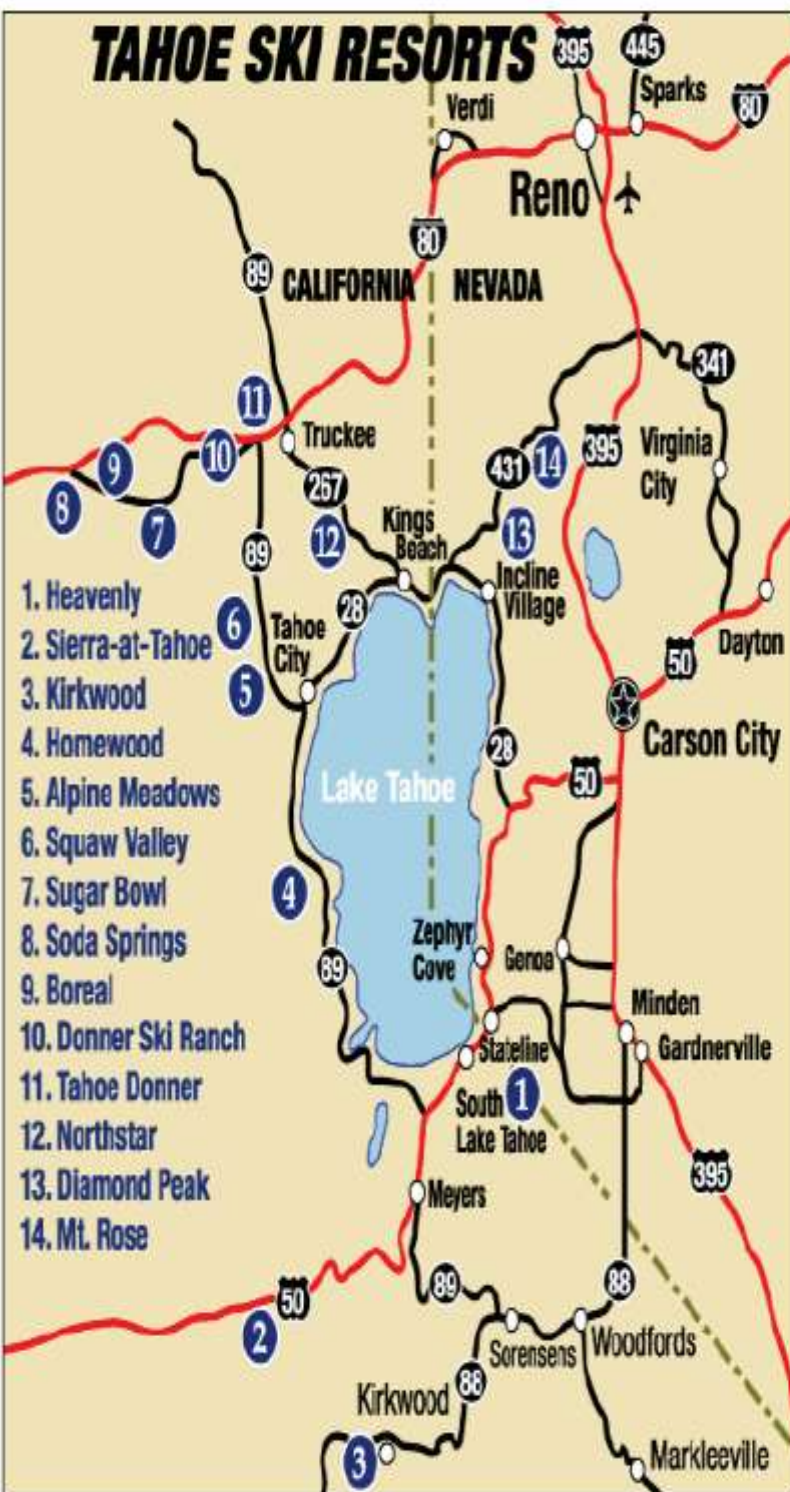
Training features:

•Presentations and guidance from a LivingWorks registered trainer •Access to support from a local community resource person •Powerful audiovisual learning aids •The simple yet effective TALK steps: Tell, Ask, Listen, and KeepSafe •Hands-on skills practice and development

For more information about safeTALK or ASIST, visit www.livingworks.net.

Active Duty Ski Deals 2015-16

TAHOE SKI RESORTS



1. Heavenly
2. Sierra-at-Tahoe
3. Kirkwood
4. Homewood
5. Alpine Meadows
6. Squaw Valley
7. Sugar Bowl
8. Soda Springs
9. Boreal
10. Donner Ski Ranch
11. Tahoe Donner
12. Northstar
13. Diamond Peak
14. Mt. Rose

1. **Heavenly:** 4,800 acres - *Adult \$80; Child \$45 (www.vail.com)
2. **Sierra-at-Tahoe:** 2,000 acres - FREE on Sundays outside of holiday periods (Dec 26-Jan 03, Jan 16-18, Feb 13-20) (www.sierraattahoe.com)
3. **Kirkwood:** 2,300 acres - *Adult \$65; Child \$36 (www.vail.com)
4. **Homewood:** 1,260 acres - FREE except Saturdays and holidays (Dec 20-Jan 03, Jan 17-19, Feb 14-21); 50% off otherwise and 50% off for dependents when accompanied by service member (www.skihomewood.com)
5. **Squaw Valley:** 4,000 acres - Tahoe Super Pass \$25 for AD; blackout dates: Dec 26-31, Jan 16-17, Feb 13-14 (squawalpine.com)
6. **Alpine Meadows:** 2,400 acres – managed jointly with Squaw Valley (see deal above)
7. **Sugar Bowl:** 1,650 acres - all days 50% off for AD members (www.sugarbowl.com)
8. **Soda Springs:** 200 acres - budget friendly; no discount known (www.skisodasprings.com)
9. **Boreal:** 380 acres - budget friendly; no discount known (www.rideboreal.com)
10. **Donner Ski Ranch:** 435 acres - budget friendly; no discount known (www.donnerskiranch.com)
11. **Tahoe Donner:** 120 acres - budget friendly; no discount known (www.tahoedonner.com/downhill-ski)
12. **Northstar:** 2,900 acres - *Adult \$80; Child \$45 (www.vail.com)
13. **Diamond Peak:** 655 acres - FREE Mon-Fri & non-holiday; \$54 for AD weekends & holiday: Dec 21-Jan 02, Jan 16-17, Feb 13-21 (www.diamondpeak.com)
14. **Mt. Rose:** 1,200 acres - all days \$54 for AD members (skirose.com)

*Adult price applies to service member and spouse at Vail resorts

Provide corrections/feedback to LT Scott Handlin—AIRSTA Sacramento PAO.

Disclaimer: This document is for information purposes only. Data has been gathered from official websites and/or by talking to ticket sales reps. Although we strive for 100% accuracy, prices are not guaranteed. Contact the respective resort's lift ticket office to ensure up-to-date discount pricing.



Monday-Friday @ 1500
Ext 5324 Intro Class



Wed/Fri 1200-1300



Mondays - Friday @ 1100-1200

Mon/Wed/Fri @ 1130-1230



Beginning 17 Oct 2016
Mon 1200 - 1300
Tue/Thurs @ 1200-1300p



Tues @ 1130



Mon/Wed/Fri @ 0645-0715



Spring 1 and Spring 2
On Base Course Schedule* (16/13 and 16/14)
Registration Opens on November 28, 2016

Spring 1 Session 2 January – 25 February 2017

Day	Time	Course Number	Course Title	Instructor	Credit	Location
Monday	4:30-8:30 pm	MATH 150	College Algebra	B. Hanhan	3	Bldg. 3
Tuesday	4:30 - 8:30 pm	ENGL 111	English Comp I	J. Handy	3	Bldg. 3
Wednesday	6:00 - 9:00 pm (Hybrid)	HIST 122	American History Since 1877	N. Higdon	3	Bldg. 3

Spring 1 Session Calendar

Term Start Date	Monday, January 2
First Day of Classes	Monday, January 2
MLK, Jr. Observance	Monday, January 16
Last Day of Classes	Saturday, February 25 th
Term End Date	Saturday, February 25 th

Spring 2 Session 27 February – 22 April 2017

Day	Time	Course Number	Course Title	Instructor	Credit	Location
Tuesday	4:30-8:30 pm	ENGL 112	English Comp. II	J. Handy	3	Bldg. 3
Wednesday	4:30-8:30 pm	PSYC 101	General Psychology	TBA	3	Bldg. 3
Thursday	4:30-7:30 pm (Hybrid)	PHIL 330	Ethics	R. Skaggs	3	Bldg. 3

Spring 2 Session Calendar

Term Start Date	Monday, February 27 th
First Day of Classes	Monday, February 27 th
Last Day of Classes	Saturday, April 22 nd
Term End Date	Saturday, April 22 nd

Apply for FREE
all month long!

No fee November is here.

Use code: NoFeeNov16

*All in seat course offerings are dependent upon enrollment and instructor availability.

For online course schedules, visit www.ccis.edu and select Online Campus



A CG Ball Meeting will be held for ALL Volunteers on December 8 from 1200-1300 in the Chief's Mess by the Galley. Still looking for people to sign up for the following committees:

- Publicity
- Multi-Media/Visual Display
- Program Design
- Decorations
- Child Care
- Transportation
- Ticket Sales

Please contact Ms. Maria Galman or Ms. Anne Gooch if you are interested in volunteering.